



## Sportszendo: Reactionary Training: Improving Athletic Performance Through the Ancient Principles of the Martial Arts

By Howie Bell

Paperback. Book Condition: New. Paperback. 194 pages. Improving athletic performance through the ancient principles of the Martial Arts. Introducing Reactionary Training, the only step by step guide with the most extreme training techniques guaranteed to improve your athletic and sporting results. Whether you are a Coach, Athlete or the Parent of an athlete in Middle School, High School, College or even a Professional this program will give you the tools and strategies you need to be a winner. This will take you to the next level in Baseball, Football, Soccer, Softball, Basketball, Tennis and Golf etc. . . This program will literally explode your athletic and sporting career by empowering you with the exact tools and strategies you need to be a winner! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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